

THE  
To the  
Sir

Jim Dumps asserted, "Too much meat in summer causes too much heat. What shall we eat all summer long That, without meat, shall keep us strong, And in the best of summer trim? Why, 'Force,' of course," laughed "Sunny Jim."

# Force

The Ready-to-Serve Cereal

the strength of meat without the heat.

Excludes Chops and Steaks.

"Force" is a regular breakfast food in my family to the exclusion of chops or steaks, the old standard.

A. GRANGER.

W-13

### DOGMAISM.

A pretty snub delivered by a professor to a very young and very dogmatic undergraduate is refurbished in a work of fiction. "Dogmatism," said the don sadly, "is puppyism which has reached maturity." It may similarly be said of dogma that it is chiefly used by pups.—London Globe.

### All About Metaphysics.

A Scotchman thus defines metaphysics: "When a man who knows nothing about any subject takes a subject that no man knows anything about and explains it to another man still more ignorant than himself—that's metaphysics."—Lyre.

It is funny a man loses his hair and doesn't comb it much, and a woman combs, brushes, curls and pulls and still has a wad left when she dies.—Atchison Globe.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment it has become a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.—Advt.

### Summer Vacations.

Where to spend the Summer Vacation may be easily solved by consulting a Lackawanna Ticket Agent. Among the cheap excursions are the following:

Chautauque and return, July 3d, and 24th, for \$11.00; Niagara Falls and return, July 3d, for \$9.00; Denver, Colo., and return, July 6th, 7th, and 8th, for \$43.00; Detroit, Mich., and return, July 14th, and 15th, for \$13.50; San Francisco and return, July 31st, to August 13th, for \$67.00.

Besides the above there are cheap Summer Tours to Salt Lake City, Ogden, Yellowstone Park, Niagara Falls, Toronto, Thousand Islands, Montreal, Quebec, and all the principal Summer Resorts. For full information call on local ticket agent or address Guy Adams, D. P. A., No. 749 Broad Street, Newark, N. J.—Advt.

Violin and Piano Instruction at pupils' home or teacher's residence. For terms address WILLIAM J. MAIER, No. 385 Bloomfield Avenue, Bloomfield, N. J.—Advt.

Books Added to the Jarvie Memorial Library May 15-July 1, 1903.

TRAVEL AND DESCRIPTION.

Adams, Andy	Log of a cowboy.	917.8	A21
Brochner, Jessie	Danish life in town and country.	918.89	186
Jell, Lillian	Deep sea vagabonds.	914	843a
McClure, A. E.	To the Pacific and Mexico.	910	869
		917.2	M12

BIOGRAPHY.

Bryce, James	Studies in contemporary biography.	920	B91
Channing, Wm. Elery	Life of J. W. Chadwick.	92	C45e
Leopoldine, J. J. E.	Letters.	92	L59
Harper, H. D.	Life by W. L. Lester.	92	E291
Bersbach, C. M.	Life by Mrs. M. C. (L.) Hersbach.	92	M371b
Moody, D. L.	Life by W. R. Moody.	92	M371b
Waddington, Mrs. M. A. (K.)	Letters of a diplomat's wife.	92	W11

HISTORY.

Carpenter, E. J.	America's advance: study in territorial expansion.	978	C29
Collins, M. E.	Authors and writers associated with Morrisiana, N. J.	974.93	C69
David, T. W. Rhys-	Buddhist India.	954	D25
Garrison, G. P.	Texas.	975.4	G24
Greene, G. P.	Short history of the English people.	962	G79a

JUVENILE BOOKS—FICTION.

Allen, W. H.	Play away, a story of the Boston fire department.	14422p	
Confield, E. E.	Boys of the Kinnon ranch.	14222p	
Connolly, J. B.	Jeff Hutton.	14222p	
Detand, E. D.	Katrina.	14222p	
	Malvera.	14222p	
Dodge, Mrs. M. (M.)	Donald and Dorothy.	14222p	
	New baby world.	14222p	
E. M.	Story of little Jane and me.	14222p	
Greene, Homer.	Blind brother.	14222p	
Hamblen, H. E.	Burnham breaker.	14222p	
	Story of a Yankee boy.	14222p	
Henty, G. A.	Tom Benton's luck.	14222p	
Hovella, W. D.	At Agincourt.	14222p	
	Christmas every day and other stories.	14222p	
Hughes, Rupert	Flight of Pony Baker.	14222p	
	Dooms from Lakemere.	14222p	
	Lakemere athletic club.	14222p	
	Childhood of J. J. Shih, the Ojibwa.	14222p	
	Cadet days.	14222p	
	Cruises of the Dazzler.	14222p	
	Mr. Midshipman Easy.	14222p	
	Brothers of the coast.	14222p	
	Derrick Sterling.	14222p	
	Midshipman Stuart.	14222p	
	1. Jack Benson's log.	14222p	
	2. Medal of honor men.	14222p	
	3. Midshipman Jack.	14222p	
	Princess Kalitae.	14222p	
	Tommy Kensington's battle.	14222p	
	Chuck Parry.	14222p	
	Covered out of Orford.	14222p	
	White cave.	14222p	
	Cutie's cave.	14222p	
	Beagles Jackwood.	14222p	
Norton, G. L.			
Grout, W. D.			
Hovenson, E. E.			
Stoddard, W. O.			
Trumbull, J. T.			
Whitney, A. P.			
Whitney, F. J.			

JUVENILE NON-FICTION.

	Book of saints and friendly beasts.	138	B25
	Nature myths and stories for little children.	138	B25

The Norwegian Costume.

It is at church in Norway that the national costume is best seen. In the north the women wear short, dark gowns, with fringed handkerchiefs tied becomingly over their curly fair hair, black ones for the matrons and white ones for maidens.

In the south the old Norwegian dress is often worn. It consists of a short dark petticoat, with a stripe of bright colors, a full white blouse, and a red bodice heavily embroidered, while on Sundays a quantity of silver pins and chains are added.

The headdress varies according to the occasion and the wearer's social condition. The girls wear jaunty red caps, the married women a coil made of many folds of starched white linen, plaited over a wooden frame, and a bride wears a high metal crown, curiously chased and set with jewels.

To Avoid Telling Secrets.

A New York theatrical manager was advising a friend to be cautious in an undertaking he had in view.

"You can't take too many precautions," he asserted. "An ounce of prevention," as the copy book used to say, "is better than seven pounds of allopathic, homeopathic or hydropathic cure." One of the most contented men I ever knew was the most cautious. He was deaf and dumb, and he never went to bed without putting on boxing gloves.

"Boxing gloves? What for?"

"So that he wouldn't talk in his sleep."

It Was Established at Dorchester, Mass., in 1639.

The first public school in America to be supported by direct taxation "upon the inhabitants of a town" was established at Dorchester, Mass., in May, 1639.

In 1638 David Thompson had settled upon Thompson's island, off the coast of the colony town, and in 1638 he gave the island to the town on the payment of 12 pence yearly rental. Having transferred the island to the town, the town council met May 20, 1639, and adopted the following order:

It is ordered the 20th day of May, 1639, that there shall be a rent of £20 a year imposed forever on Thompson's island, to be paid by every person that hath property in said island, according to the proportion that any such person shall from time to time enjoy and possess there, and this toward the maintenance of a school in Dorchester. This rent of £20 a year to be paid to such schoolmaster as shall undertake to teach English, Latin and other tongues, also writing. The said schoolmaster to be chosen from time to time by the freemen, and it is left to the discretion of the elders and the seven men for the time being whether maids shall be taught with the boys or not. For the levying of this £20 yearly from the particular persons who ought to pay it according to this order it is further ordered that some men shall be appointed by the seven men for the time being to receive this, and on refusal to levy it by distress and not finding distress such person as so refuse shall forfeit the land he hath in propriety in said island.

Here the first teacher was the Rev. Thomas Waterhouse.—Chicago Tribune.

Brutally Tortured.

A case came to light that for persistent and unmerciful torture has perhaps never been equalled. Jose Golobok of Colusa, Calif., writes: "For fifteen years I endured insufferable pain from Rheumatism and nothing relieved me though I tried everything known. I came across Electric Bitters and it's the greatest medicine on earth for that trouble. A few bottles of it completely relieved and cured me." Just as good for Liver and Kidney troubles, general debility. Only 50c. Satisfaction guaranteed by all druggists.—Advt.

Carpet Cleaning.

Now is the time to clean carpets. If you want your carpets taken up, cleaned and relaid, send word to D. Douglas, No. 9 Park street, Montclair. Mr. Douglas has had years of experience in carpet cleaning, and has a large patronage in this town, Glen Ridge and Montclair. Those intending to move can have their carpets taken up, cleaned and relaid on short notice. The work will be well and promptly done.—Advt.

Odorous Excavating.

Licensed by Board of Health. Odorous Excavating orders promptly tended to at reasonable rates. Apply to or address RICHARD MAXWELL, No. 25 Clinton Street, Bloomfield.—Advt.

Not Up to the Predictions.

"Well, is married life all that it is painted?" asked the girl.

"Not quite," replied the bride, with what her friend later declared was a almost sure was a sigh. "We've been married three months now, and during that time Jack has spent but four evenings at the club."—Syracuse Herald.

Or Real Interest.

"Yes; I explained the whole theory of the new discovery to my wife."

"And what did she say?"

"She said: 'George, can you remember whom the Sourfield girl married? I've been trying all day to think of his name.'"—Cleveland Plain Dealer.

Go to Electric Park for a Pleasant Trip.

If you wish to spend an enjoyable afternoon or evening amid pleasant surroundings there is no better spot in this vicinity than New Electric Park, the new, high-class Summer resort, situated on South Orange Avenue, Newark.

The management makes a big bid for public patronage by presenting an excellent vaudeville show of talented artists, with a weekly change of bill, a German village, a \$20,000 carnival, a Gypsy camp, with real Gypsies; the wonderful spectacular electric fountain, a counterpart of the one which created a sensation at the recent Pan-American Exposition, and other interesting features.

One of the biggest attractions at the Park is the dancing hall presided over by Fay, the celebrated Dance King. He and his big band perform every afternoon and evening.

Electric Park can be easily reached from here, and in addition to the pleasure of the ride you are certain to be well satisfied with your trip to Newark's new Summer resort.

Musical Instruction.

Mrs. Bennett-Francis. For terms and other particulars call at or address Race Street, Bloomfield N. J.—Advt.

## MUTUAL BENEFIT LIFE INSURANCE CO.

OF NEWARK, N. J.

FREDERICK FREELINGHUYSEN, PRESIDENT.

ASSETS (Market Values) Jan. 1, 1903.....\$82,833,726 16

LIABILITIES.....76,178,960 43

SURPLUS.....6,654,765 73

### Mutual Benefit Policies

CONTAIN

Special and Peculiar Advantages

Which are not combined in the policies of any other Company.

Stephen S. Day, District Agent.

776 Broad St., Newark.

ALWAYS INSIST UPON HAVING THE GENUINE

## MURRAY & LANMAN'S FLORIDA WATER

THE MOST REFRESHING AND DELIGHTFUL PERFUME FOR THE HANDKERCHIEF, TOILET AND BATH

## DESIRABLE SEA TRIPS

of two to five days' duration, are offered by the

## OLD DOMINION LINE

TO

Norfolk, Old Point Comfort, Virginia Beach, Richmond, Va. AND Washington, D. C.

Steamers sail daily, except Sunday, at 3 P. M. from Pier 26, North River, foot of Beach Street, New York.

STATEROOM RESERVATIONS can be secured two weeks in advance of sailing date, but must be claimed by 10.00 A. M. on date of departure, or they will be assigned to other applicants if needed.

For full information apply to

Old Dominion Steamship Co., 81 Beach Street, New York.

H. B. WALKER, V. P. & Traf. Mgr. J. J. BROWN, G. P. A.

## Have You a Bank Account?

If not, consider the importance of starting one at once. Begin now. Open an account in the savings department of the

## Fidelity Trust Company.

With a deposit of \$2.00 you can secure a Bank Book in your name. Interest allowed on amounts of \$5.00 and upward at the rate of 3 per cent. per annum. Money deposited on or before the third day of the month will draw interest from the first.

The Depositor is secured Against Loss by a Capital, Surplus and Profits of Over \$900,000.00.

## FIDELITY TRUST CO.

Prudential Building. NEWARK, N. J.

Chancery A-153.

SHERIFF'S SALE. In Chancery of New Jersey. Between George E. Jacobus, complainant, and Reuben N. Dodd and others, defendants. For sale, for sale of mortgaged premises. By virtue of the above stated writ of fieri facias, to me directed, I shall expose for sale by public auction, at the Court House in Newark, on Tuesday, the fourth day of August next, at two o'clock P. M., all that tract or parcel of land and premises situated, lying and being in the town of Bloomfield, Essex County, New Jersey:

Beginning in the centre line of Broad Street at the southeast corner of land of S. J. Dodd; thence (1) along said land north seventy-two degrees and fifteen minutes west fifteen hundred and eighty-six feet and seven inches to the easterly side of Ridgewood Avenue; thence (2) along said side of Ridgewood Avenue south twenty-four degrees and fifty-four minutes west three hundred and eighty-eight feet and five inches to land of John H. Lockwood; thence (3) along said land south seventy-two degrees and fifteen minutes east fifteen hundred and forty-five feet and one inch to the centre of Broad Street; then (4) along said centre of Broad Street north thirty degrees and fifty-five minutes east three hundred and ninety-six feet to the place of beginning. Newark, N. J., June 29, 1903. Lindsley & MacLean, Sol'rs. (\$9.00)

# BAMBERGER'S

THE ALWAYS BUSY STORE

MARKET & HALSEY STS.

Open Friday Evenings. Close Saturdays at Noon.

## JULY CLEARING SALE!

Sweeping Reductions in all Departments

The greatest of mid-summer bargain movements, started last Monday morning, will be continued until entire immense stocks of high grade goods of every description designed for summer use or wear are disposed of.

This is a time when extreme measures are resorted to, when profits are discarded and enormous losses taken to insure the quick ending of lines that must not be here when inventory is taken.

## Half and One-Third Original Markings

are common, and thousands of dollars' worth of high grade goods are selling for less than cost of raw materials employed in their production. Inasmuch as quantities are frequently small we can not guarantee articles to last for any stated time.

Doors open at half past eight.

Mail Orders Filled for Everything. Goods Delivered Free.

## L. BAMBERGER & CO.

Newark, N. J.

## BUY DAY'S BREAD!

BEST IN TOWN.

ICE CREAM.

Full Line of Lowney's Celebrated Candies.

## DAY, CATERER AND CONFECTIONER

BLOOMFIELD CENTRE. BLOOMFIELD, N. J.

JAMES ARTHUR. JOHN STANFORD.

## ARTHUR & STANFORD,

### Plumbing, Tinning and Gas Fitting

SEWER CONNECTIONS.

Steam, Hot Air and Hot Water Heating.

All new work guaranteed and kept in repair for one year. Estimates cheerfully given. Jobbing promptly attended to.

449 Bloomfield Ave., Bloomfield.

Long Distance Telephone 37-1.

## The Excellence

of our bread, cakes and pastry is easily demonstrated—one taste is enough. To say that they are as good as they look is the highest possible praise.

They not only taste good, they are good, pure, fresh and healthful.

## FRANK C. BUCHER,

23 Broad Street, Bloomfield.

